

MARCH 2023

THE SOURCE

COUNCIL ON AGING



Live Well. Age Well.

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Errand & Shopping Support
Information & Assistance
Legal Service
Leisure & Learning Program
Nutrition Program
Pets & Loving Seniors Program (PALS)
Pet2Vet Program
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Social Services
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MARCH FOR MEALS MARCH 23-27, 2023

Each year, the **March for Meals** celebration commemorates the historic day in March of 1972 when President Nixon signed into law a measure that amended the Older Americans Act of 1965 to include a national nutrition program for seniors 60 years and older. This legislation supported the rapid growth of the nationwide network of senior nutrition programs—commonly referred to as Meals on Wheels – that collectively serve more than 247 million meals to 2.8 million seniors each year.

Throughout the month, the Meals on Wheels network is joining forces for the awareness campaign to garner the support needed to ensure these critical programs can continue to address food insecurity and malnutrition, combat social isolation, enable independence, and improve health for years to come.

MARCH FOR MEALS

WITH
MEALS on WHEELS™

In 2022, the Leavenworth County Council on Aging Meals on Wheels program provided



96,461 hot meals



to 829 seniors



thanks to 70
volunteers & 20 COA
Staff

A MESSAGE FROM GEORGIA MOORE, COA NUTRITION COORDINATOR:

Celebrating March for Meals is a wonderful opportunity to share some of the “good things” the Council on Aging Meals on Wheels program does for the citizens of Leavenworth County. In 2022 we had the pleasure of serving 96,461 hot, nutritionally-balanced meals to 829 seniors in Leavenworth County. In addition to a delicious meal, our COA staff and volunteers provide essential human connections to a lonely and sometimes forgotten group of beautiful human beings. Whether a quick hello or a 10-minute conversation, the exchange of time is needed and appreciated. To me this is by far, the most invaluable aspect of our program. We receive many calls, cards and letters from participants and family members letting us know what we do is good and necessary and delays placement for many. I hope you'll join me in honoring our senior nutrition programs, the individuals they serve and the volunteers who care for them.



Meals on Wheels will be represented in the 2023 Leavenworth St. Patrick's Day Parade. We look forward to seeing you all there!

There's no place like home. However, for many seniors, there is no guarantee that they will be able to stay in the homes they love due to the impacts of aging. Once-simple tasks, such as shopping, cooking, getting out and about are challenging and threaten their ability to live independently. That's when a knock on the door from Meals on Wheels makes all the difference.

Meals on Wheels knocks on the doors of millions of vulnerable homebound seniors every year, bringing a meal, a watchful eye and a smile that keeps them safe at home.

VOLUNTEER WITH **MEALS ON WHEELS** AND MAKE A DIFFERENCE

- I. Do you have 1 1/2 hours during the week? (late morning)
- II. Do you like meeting new people?
- III. Do you want to help those in our community?
- IV. Do you drive?

If you would like to be a Meals on Wheels volunteer, contact Scarlet Ross at the *Council on Aging* by calling 913.684.0786 or email sross@leavenworthcounty.gov

All Meals on Wheels volunteers must be able to pass a criminal background check.

NUTRITION CORNER

NATIONAL NUTRITION MONTH'S

Week 1: Eat with the environment in mind.

- Enjoy more plant-based meals and snacks.
- Purchase foods with minimal packaging.
- Buy foods in season and shop locally when possible.
- Start a container or backyard garden to grow food at home.

Week 2: See a Registered Dietitian Nutritionist (RDN).

- Ask your doctor for a referral to an RDN.
- Find an RDN who specializes in your unique needs.
- Learn how nutrient needs may change with age.
- Receive personalized nutrition information to meet your health goals.

Week 3: Stay nourished and save money.

- Plan your meals and snacks.
- See what food you have at home before purchasing more.
- Use a grocery list and shop sales when purchasing food.
- Learn about community resources such as SNAP, WIC and local food banks.

Week 4: Eat a variety of foods from all food groups.

- Include your favorite cultural foods and traditions.
- Eat foods in various forms including fresh, frozen, canned and dried.
- Avoid fad diets that promote unnecessary restrictions.
- Practice gratitude for your body by giving it the fuel it needs.

Week 5: Make tasty foods at home.

- Learn cooking and meal preparation skills.
- Try new flavors and foods from around the world.
- Find creative ways to use leftovers rather than tossing them.
- Create happy memories by eating with friends and family when possible.

50TH ANNIVERSARY!

National Nutrition Month® is an annual campaign created by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits.

This year's theme, "**Fuel for the Future**," highlights the importance of fueling our bodies at every age and eating with the environment in mind. Practice gratitude for your body by giving it the fuel it needs with sustainable foods! A Registered Dietitian Nutritionist and Nutrition and Dietetics Technician, Registered can teach you how nutrient needs may change with age, and give you personalized nutrition information to meet your health goals.



Source: *Eat Right.org*, Academy of Nutrition and Dietetics, retrieved 02/2023

**UNIVERSITY OF SAINT MARY
PHYSICAL THERAPY HEALTH FAIR**



VITA TAX TEAM



VALENTINE'S PERFORMANCE BY DAYSIA



OPEN HOUSE



MYSTERY BREAKFAST



have fun.

FEBRUARY 1ST - MARCH 31ST

VOLUNTEER INCOME TAX ASSISTANCE VITA



The VITA program has operated for over 50 years, offering free tax help to:

- ⇒ people who meet the specified income requirements,
- ⇒ persons with disabilities; and
- ⇒ persons who are 60 years or older.

VITA services are not only free, they are also a reliable and trusted source for preparing tax returns. All VITA volunteers who prepare returns must take and pass tax law training that meets or exceeds IRS standards. This training includes maintaining the privacy and confidentiality of all taxpayer information. All VITA prepared tax returns go through a required quality review check prior to filing.

Tax services will be offered from 9:00am - 1:30pm by appointment at the following locations:

- **Council on Aging, Leavenworth**
Monday - Friday
- **Basehor Library**
February 16th
March 2nd, 9th, 16th, and 30th
- **Linwood Library**
February 23th and March 23rd
- **Tonganoxie Library**
February 7th and 23th
March 14th, 21st, and 28th
- **Easton**
10:00am - 11:00am
February 2nd and March 2nd



**Call Dawn or Lori at the Council on Aging
to reserve your appointment time today!**



711 Marshall St., Suite 100
Leavenworth, KS 66048



913.684.0777



seniors1st@leavenworthcounty.gov



www.leavenworthcounty.gov/COA

COUNCIL ON AGING

10 SENIOR HOUSING OPTIONS EXPLAINED

Amanda Lambert, MS, CMC, ALCP

Certified Care Manager, Aging Life Care Professional, and National Master Guardian Emeritus

If you are thinking about a senior housing option, chances are you have some particular reasons for doing so. Perhaps you want more social connection, you need more care, or want to be free of homeownership responsibilities.

As you do your long-term planning, it can help assess your financial situation and your health status. Even a healthy person can have an accident or acute illness, which changes the trajectory of decision making. Personal preference also plays a part in what senior housing option appeals to you most.

Understanding your options will help you make an informed choice. A decision now may change later as your health or financial status changes. If you're working on this ahead of time, it's best to learn what kinds of options exist and what you can reasonably plan for ahead of time.

1. Independent Living With Assisted Living

Independent senior living is often part of an assisted living community. For example, one or more floors of a senior building might be dedicated to independent living, with the other floors are for assisted or memory care. It can be rather intimidating to have all these different options in one community, but there are some specifics to keep in mind when considering independent living with assisted living in the same area.

In this case, all meals, housekeeping, transportation, and recreational activities are provided. Some senior living communities may also feature physician services on site. Independent senior living is also privately paid, much like rent. With both services in one area, the transition from independent living to assisted living or even memory care may be less stressful.

However, with independent living, you will not have nursing or aide assistance available. If you need help with certain things, you must arrange it yourself. The same goes with medication management. These things are important to keep in mind when looking at independent living as a first option.

2. Independent (Active Adult)

This type of independent living can be a bit different from independent living with assisted living, as these communities include a wide variety of choices, settings, and environments.

They can include things like the following:

- Mobile home parks exclusively for older adults.
- Lavish active adult communities that include golf, swimming, pickleball, gyms, and lots of other amenities.
- You buy your property in most of these active adult communities. Most are equipped with age-in-place features like grab bars and single level living.
- The community handles maintenance and lawn care.

Keep in mind that since you are in your own home, you will have to pay for private caregivers or qualify for home health when you need help. In most cases, there are no on-site health providers.

3. Co-Housing

Co-housing originated in Denmark in the 1960s and has gained in popularity in this country. The appeal is the shared nature of the community and the fostering of social connections. Co-housing developments follow a similar pattern of organization and governance, as communities can consist of several individually owned houses or cottages on a shared piece of land.

With co-housing however, you'll have a common space where you can socialize and share meals. As a result, many co-housing communities are multi-generational. Some are for seniors only. Much like renting an apartment with a roommate, all residents share in the responsibilities for the management and maintenance of the community. Governance is cooperative in nature and usually follows a consensus model of decision making.

Co-housing communities can exist in both rural and urban settings, which can be a boon for those seeking to change up any current living situations. However, with these communities, you may be asked to purchase a property upfront—which can be quite costly.

Like the other options mentioned above, if you need care, you will have to make those arrangements. Co-housing communities do not provide medical services.

4. Home Sharing

Home sharing is gaining in popularity for several reasons and is not completely dissimilar to co-housing. It is affordable, makes use of large homes after the kids have moved out, and offers support and social connection. If several people are sharing the costs of one house, the savings are significant.

There are some downsides, however:

- If you need assistance to stay independent, you will have to make those arrangements yourself.
- Disagreements over noise, visitors, and household responsibilities may cause conflict.
- If you end up having to leave due to an illness or injury, you may be responsible for the remainder of your lease.
- You are living in close quarters with other people and sharing a kitchen and other responsibilities. It is similar to living with roommates.
- If the homeowner decides to sell, you are on your own to find other housing.

5. Continuing Care Retirement Communities

Continuing Care Retirement Communities (CCRCs) are large care communities that allow you to stay in the same place as you age. CCRCs have independent, assisted, memory care, and nursing care. As you need more care, you move to the community that meets that need.

CCRCs have various payment options, including a buy-in with additional monthly fees or rental and everything in between. It is best to have an attorney look over any contract before signing. CCRC contracts can be quite complex. If you invest a large sum as a buy-in, you want to make sure there is a refund if you don't like the place later.

The main appeal of a CCRC is that you don't have to decide where to go if and when you need more care. The transition can be easier and less stressful. Many CCRCs have in-house physician services, home health, and aide assistance, with some CCRCs providing more upscale options like pools, gyms, golf, exercise classes, and more.

6. Subsidized Senior Housing

Most subsidized senior housing is available through programs administered by the Department of Housing and Urban Development (HUD). These programs can vary in their kind of development and criteria for qualifying for an apartment, but on the whole are options for lower-income seniors.

Depending on who the developer and funder are, some housing complexes have case managers to help connect seniors to resources in the community. Generally, these housing communities are independent, and many have long waiting lists, depending on where you live. Applying early is recommended.

7. Assisted Living

Most people are very familiar with the assisted living concept. According to the American Health Care Association, there are approximately 28,900 assisted living communities across the country with more being built every day. For many families, assisted living provides additional support to older adults who are unable to function independently.

Finding care for aging adults can be a challenge both if there are very few options and too many. Assisted living costs can be relatively high, depending on where you live and the level of care you need. Most communities start with a base rate and then add pricing depending on how much assistance you need transferring, help with bathing and grooming, or reminders to attend meals. If you have a long-term care insurance policy, it might pay for a portion of the cost.

Like some of the options mentioned above, assisted living communities typically provide all meals, transportation, activities, medication management, aide service, and some nursing. Residents can contract for additional private aide service or qualify for home health to help supplement services. With assisted living, nursing availability can be limited.

Assisted living communities are adapting to the changing needs of seniors. Each state governs how

assisted living communities are managed and the criteria for admission. There is no uniform federal oversight for assisted living.

8. Memory Care

Memory care communities are usually inside assisted living communities as a separate unit. Some, however, are free standing. Memory care is for people with cognitive impairment due to dementia, neurological disorders, or mental health issues. If someone cannot be managed at home or in assisted living, memory care might be the best option.

People move to memory care from any of the housing options we have discussed. In most cases, people who move to memory care need tight supervision, specialized care, and additional staff time to help prevent any potential agitation. But with memory care, activities are tailored to people with cognitive impairment. Safety is also a main priority, as memory care communities are locked and secure to deal with wandering behavior.

9. Nursing Home Care

Nursing home care is the highest level of residential care available. Nursing is offered around the clock and staff can do procedures like injections, IV medications, catheter, wound, and diabetic care.

At times, there is no other choice but to go into a nursing home. All other housing options may not provide the medical care needed to keep you or a loved one safe. Nursing homes are very expensive due to this high level of care, and many people end up having to qualify for state Medicaid to pay for the costs.

It is possible to improve in a nursing home to the point where you can then go back to assisted living or home with support. But, if people need a high level of ongoing medical help, they may stay in a nursing home for their remaining years.

10. Staying Home

Not everyone decides to move to a different senior living option. Most people tend to prefer to age in place. And some people have the financial resources to stay at home through the end of life. If you have functional decline and medical needs, it can be challenging, but not impossible to stay home as you age. The main factors to consider are home safety modifications, nursing, and aide support.

For many people, the deciding factor in moving from home to another supportive senior housing option is financial. At some point, the cost of staying home and retrofitting a home with extra safety features can exceed the cost of more convenient supportive housing.

The Many Available Senior Housing Options

The variety of senior housing options is continually changing to adapt to older adults and their families' needs and preferences. Examine your priorities, long-term financial situation, and health to get an idea of what appeals to you before you need it. That way, you and your family can make an informed and lasting choice.

Source: Cake, 09/2022

WEDNESDAY,
MARCH 8TH
8:30 AM - 10:00 AM

Dr. Tyler Noll, DPT of
Leavenworth Physical Therapy,
LLC will kick off his monthly
health series at the COA!



MUFFINS AND MAMMOS

THURSDAY, MARCH 16TH
8:00 - 11:00 AM

Get your yearly mammogram and
enjoy muffins and company
while you wait!



Contact Jessica at 913.684.0777
to RSVP by Monday, March 13th.
Please provide your address and primary care
doctor information so we can get you
registered.



Need a ride?
Call Council on Aging
913-684-0778
to schedule transportation



Want to meet us there?
3550 S. 4th St. Leavenworth
Meet us in the Mammography suite behind the
first floor elevators.



Saint John Hospital

This is a SCREENING ONLY - must be 1 year since last screening mammogram-no known lumps
or tenderness - no Breast Cancer in the last 5 years
Bring ID and insurance card
Please NO deodorants, perfumes or powders on the day of screening.



NEW Activity!

MAHJONG

Every Monday at 1:00pm

- ♦ No experience necessary!
We will teach you how to play.
- ♦ All materials supplied.
- ♦ No registration required.

LEAVENWORTH COUNTY COUNCIL ON AGING

2023

Public Hearing

Public Hearings are great opportunities to learn about
programs and/or give feedback regarding senior services
in Leavenworth County.

APRIL 19, 2023

1:30 - 2:30 PM

Refreshments will be served.



*Anyone requiring accommodation (i.e. qualified
interpreter, large print reader and hearing assistance)
in order to attend this meeting is requested to notify
the Council on Aging at 913.684.0777 no later than 48
hours prior to the hearing.

Indoor Senior Picnic Célébration

Friday, May 5, 2023

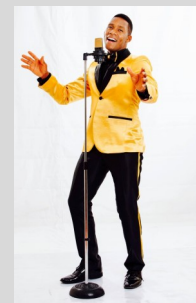
9:00 am - 1:00 pm

AT
FRATERNAL ORDER OF EAGLES
300 S. 20th Street, Leavenworth

MUSIC BY:

**ASHLEY
COOPER**

Stay tuned for more
information!





To be added to our email distribution list, please contact us @ seniors1st@leavenworthcounty.gov



For our full events and activities calendar, visit our homepage @ Council on Aging

OPERATION RED FILE

Operation Red File is designed to help seniors keep their critical health information accessible if needed in an emergency. Information for the Red File should be reviewed and updated approximately every six months.

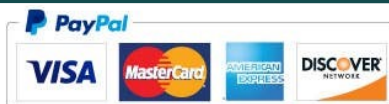
Operation Red File for Leavenworth County is available at the Leavenworth County Council on Aging.

Folders include:

- basic Information form
- medication record
- Leavenworth County Aging Resources
- fire department numbers
- Medicare information



Now Accepting **PayPal**



To best accommodate all of our clients, the COA is set to take payments and donations online through PayPal.

Scan the QR code or in PayPal search for **Leavenworth County Council on Aging** or use **@LVCOA**



AGING RESOURCES

- Adult Protective Services.....1.800.922.5330
- Emergency Respite:
Country Care.....913.773.5517
Medical Lodge.....913.772.1844
- Guidance Center.....913.682.5118
- Kansas Aging and Disability Resource Center
.....855.200.2372
- Leavenworth County Health Department
.....913.250.2000
- Medicare 1.800.633.4227
- Poison Control Center.....1.800.222.1222
- Property Fraud Alert Hotline.....1.800.728.3858
- Social Security Office1.800.772.1213
- Wyandotte/Leavenworth Area Agency on Aging
..... 913.573.8531

Stay Connected

If you live in Kansas, your household might qualify for Lifeline and/or the Affordable Connectivity Program (ACP), which will reduce the cost of your monthly phone or broadband services.

Lifeline and ACP help low-income families and individuals stay connected so they can access healthcare, find jobs, attend classes, stay in touch with family, and call for help in an emergency.

Anyone who qualifies for Lifeline, also qualifies for the ACP.

Lifeline

Eligible Services:

- Residential and wireless phone service
- Broadband internet

Benefits:

- Total federal and state discounts of up to \$17.02 per month are available.
- Subscribers living on tribal lands qualify for additional discounts.

Affordable Connectivity Program (ACP)

Eligible Services:

- Broadband internet

Benefits:

- Monthly Broadband Discount of \$30 per month. Up to \$75 per month for households on qualifying tribal lands.
- A one-time discount of up to \$100 to purchase a laptop, desktop computer, or tablet from participating providers if the subscriber contributes more than \$10 and less than \$50 toward the purchase price.

For more information on Lifeline and ACP programs go to, [Kansas Corporation Commission - Kansas Life-line Program \(ks.gov\)](https://www.ks.gov/kansas-life-line-program) or call the Kansas Corporation Commission at 1.800.662.0027.

Some services are funded in part by the Older Americans Act and are provided without discrimination on the basis of race, color, religion, national origins or sex. If you feel that you have been discriminated against, you have the right to file a complaint with the Area Agency on Aging @ 1.888.661.1444

This informational brochure is published by:
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